

Joint Base Pearl Harbor-Hickam celebrates: **WOMEN'S HISTORY MONTH**

HEALTH & WELLNESS FAIR

- ♥ **Date: 11 Mar 2011**
- ♥ **Time: 0700-1200 hrs**
- ♥ **Place: Pearl Harbor Bloch Arena
(Basketball Court)**



❖ **Health, Nutrition & Fitness
information and guidance**

0715 - Zumba Class

0830 - Yoga Class

1115 - Nautilus Trng Demo

Focusing on a healthier lifestyle!

LUNCHEON

- 🎁 **Date: 21 Mar 2011**
- 🎁 **Time: 1100-1230 hrs**
- 🎁 **Place: Hickam Officer's Club (Lanai)**
- 🎁 **Cost: \$15.75 mbrs/\$16.75 non-mbrs**

🎁 Guest Speakers:

Sharon Ferguson-Quick

**Executive Director, Hawaii
State Commission on the
Status of Women**

Annabel Chotzen

**Award Winning Motivational
Speaker & Communications
Expert**



<https://einvitations.afit.edu/WomensHistoryMonth26/anim.cfm>

For additional information please contact Ms. Carole Reynolds at 449-1754 or Ms.